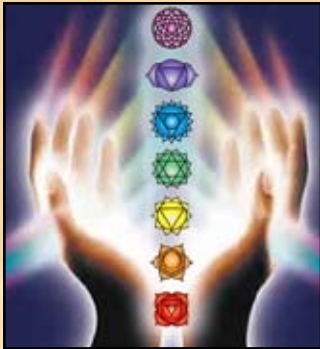


General Information



The **Sacred Centers Certification Program** is offered through a range of workshops sponsored by leading organizations nationally and internationally, given at different times and locations throughout the year. Students begin whenever they take their first workshop, and proceed through the program at a pace that suits their location, finances, and professional needs.

Sacred Centers has two levels of Certification:

Level One is our basic program, offered for completion of the core coursework, (see Curriculum 101 through 104 on far right). We strongly encourage ongoing yoga classes in your local area to support your chakra study.

Level Two is our professional track, which focuses on healing and teaching. Level Two students choose an area of specialization that reflects their professional interest: *Sacred Centers* teacher, therapist, bodyworker, or coach. Choosing one track does not limit you from taking courses in other tracks, but gives you an area of focus.

Think of Level Two as your graduate course. Requirements for Level Two are completion of Level One courses and foundational training in the area of expertise you wish to pursue, such as basic anatomy and physiology for the bodywork track, yoga teacher training for the teacher track, or psychotherapy training for the therapist track.

Most of our public courses are offered for credit or non-credit, meaning that some students will be members of the program and others will not. Our Immersion courses, however, are open only to those pursuing certification.

Do You Feel Called?



If you are interested in pursuing this life-changing program, please go to our website: www.SacredCenters.com and familiarize yourself with the courses offered, and the *Sacred Centers* philosophy. There you will find an application for the program. For further information, contact Lynne Michelson, the Certification Coordinator, via this email: Coordinator@SacredCenters.com. We strongly suggest you take at least one course before applying for the **Certification Program**.



Level 2 Specialization Tracks

200 Series: SACRED CENTERS TEACHER

A certified *Sacred Centers* teacher has the ability to carry this work into the world and teach the core curriculum on his or her own. This requires the ability to teach yoga asanas and pranayama, conduct guided meditations, handle group energy effectively, conduct basic ceremonies, and be well versed in the material and able to communicate it effectively to others. A *Sacred Centers* teacher is expected to walk their talk and conduct themselves in a manner that reflects well on the work, in mind, body, and spirit.

Prerequisites for the Teaching Track include competency to teach the yoga asanas, through certification in an approved yoga teacher training or suitable equivalent.

300 SERIES: CHAKRA THERAPIST

This specialization track is for those who wish to use the chakra model and its relevant techniques within the scope of their clinical therapy practice. Students study chakra psychology and somatic techniques, with opportunities to experience this work in their own bodies and supervision in applying it to others.

Prerequisites for this track include a background education in psychology, or suitable training in the scope of practice in which you wish to work.

400 Series: CHAKRASSAGE

This track brings the chakra model into bodywork practice and can be applied to all forms of physical and energetic healing techniques. The focus is on massage techniques as well as breath, sound, movement, and energy balancing.

Prerequisites for this track include anatomy and physiology and suitable experience in bodywork practice.

500 Series: SACRED CENTERS COACHING

This track focuses on helping clients achieve their goals in life, through clarifying life purpose and intentions, examining limiting beliefs, handling obstacles, and taking concrete steps to move forward.

This track does not have a pre-requisite other than Level One completion and a sincere desire to become a masterful coach.

Certification Curriculum

Level 1 Course Requirements

- 101- Basic Chakra Weekend (7 Windows to the Soul)
- 102- Energy Awareness (Weekend)
- 103- Psychology of the Chakras (7-day Intensive)
- 104- Manifestation of the Chakras (Creation is Ecstasy)

Level 2 Course Requirements

Chakra Teacher Track

- 201- Advanced Chakra Yoga
- 202- Guiding the Journey
- 203- Special Project

Chakra Therapist Track

- 301- Mind-Body Integration (Techniques of Mind Body Therapy)
- 302- Chakra Therapy (Advanced Techniques)
- 303- Clinical Case Seminar A
- 304- Clinical Case Seminar B
- 305- Special Project
- 306- Supervision

Chakrassage Track

- 301- Mind-Body Integration (Techniques of Mind Body Therapy)
- 401- Chakrassage
- 402- Bodywork Clinical Case Seminar

Sacred Centers Coaching Track

- 501- Introduction to Sacred Centers Coaching Class
- 502- Voice Dialogue Facilitation Training
- 503- Belief Closet Certification
- 504- Manifestation Through the Chakras Facilitation
- 505- Coaching Case Seminar

Other General Requirements:

- Reading assignments as appropriate
- Supervision as needed
- Special project of original work
- Finances up to date

Class schedules and descriptions of content do change. Please check the website for a current calendar.

www.SacredCenters.com

Pacific Time office:
415-472-2284



Costs



Our workshops are offered at various locations nationally and internationally, sponsored by public organizations such as Kripalu, Omega, The Crossings, New York Open Center, etc. Costs will vary according to the sponsoring institution, but in general they will be comparable in price to other workshops of a similar nature. Students complete courses one by one at the locations most accessible to them.

To apply for the *Certification Program*, fill out the application available online and submit it with an application fee of \$49. If you are accepted into the program, the one-time fee is \$500. This entitles you to personal guidance throughout the program, participation in our teleseminars, priority consideration to assist in courses, and connection to the community of students and staff in the certification program.

Supervision is available to you as a student, as needed to support your learning process, for a fee separately negotiated. The amount of supervision required will vary depending upon your background, skills, and goals. Once you are certified, your classes and services can be listed on the website, and you may be able to mentor others.

Books and materials vary and are the responsibility of the student. Upon request, books may be obtained at a discount for those in the program.

CEU's: All *Sacred Centers* courses have been pre-approved in California for **Continuing Education Credit** for MFTs and LCSWs. We give a certificate of attendance for each course, stating the hours and title, and this usually suffices for CEU credit in other states or categories. Some sponsoring institutions may manage the dispensation of these credits.

How You Will Benefit

Completing the SCCP is an organic process that matures with time. This program offers a process of profound personal growth. Your ability to offer this work professionally begins within yourself. *Expect to be transformed!*

Sacred Centers graduates are able to take this training into their professional lives as yoga teachers, psychotherapists, bodyworkers, and coaches. Graduates may advertise their practices on our REFERRAL PAGE, list their classes under GRADUATE EVENTS, and publish articles on the website. In addition, each student becomes part of an ongoing community of Sacred Centers Co-hearts, connected through periodic conference calls, meetings, and collaboration on projects. This body of work grows through students' original contributions.

Faculty

Anodea Judith, PhD., founder of Sacred Centers, has spent 35 years combining Eastern and Western disciplines for healing and personal growth. She is the author of many books on the chakras, and produced the award-winning video, *The Illuminated Chakras*. She has a Masters in Clinical Psychology, a Doctorate in Mind-Body Health, 500 hour yoga certification and additional training in bio-energetics, trauma recovery, hypnotherapy, shamanism, and many other healing modalities.



Selene Vega, M.A. LMFT, is a licensed psychotherapist completing her doctorate at Saybrook University. Her speciality has been weaving together movement, trance, psychology, yoga, and spiritual expression, and her graduate work focuses on the integration of workshop experience. Selene and Anodea have taught together for 25 years.

Lion Goodman is an *Evocateur* -- one who evokes the best in others. He is a life and business coach, author, workshop leader, and entrepreneur, who has spent his life studying human consciousness and personal development. He was President of an executive search and consulting firm for more than 25 years, and he is co-founder of the Tribe of Men.



Jason Auer-Sears completed his schooling at Eastwind School of Holistic Healing in Iowa City. As creator of Chakrassage and a student of Anodea Judith, Jason integrates manual therapy, stretching, vocal toning, visualization and bioenergetic concepts with the wellness model of the seven chakras.

Glenn Hartelius, M.A. is a master healer and scholar. He is completing a PhD in East-West Psychology, and has particular expertise in the anatomy and disorders of chakras. Glenn runs educational events for professional psychotherapists, publishes articles in professional psychology journals, serves as director of an accredited massage therapy program, and travels internationally to speak about his work.



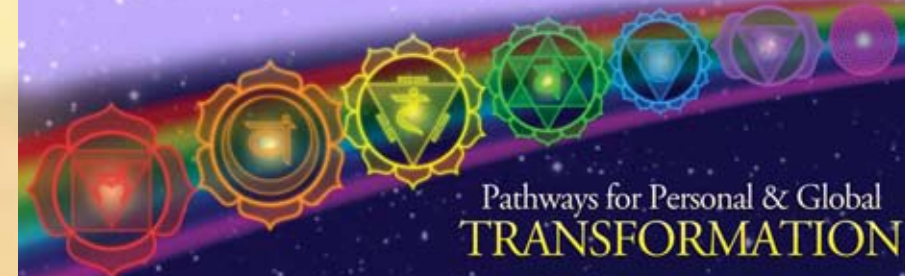
Lynne Michelson, MSW, LCSW, CPCC, is a psychotherapist and relationship coach who has taught meditation, awakening practices and transformational psychology for over 15 years as a workshop facilitator, national speaker, and non-profit director. She is committed to fostering community, and helping her clients and students discover the sacred within.

SACRED CENTERS

CERTIFICATION PROGRAM

The Sacred Centers Certification Program (SCCP) exists to teach essential tools for transformation within the context of sacred experience. We bring quality education and awakening to individuals and groups in service of personal and cultural evolution. Our primary model for this work is the ancient system of energy centers, known as the chakras. This profound formula for wholeness provides a powerful context for transformation at all levels: in mind, body, spirit, and culture. In all our teachings, we seek to embody and expand the experience of sacred realms, both within and without.

Sacred Centers was founded by **Anodea Judith**, who has been teaching and working with the chakra system and human transformation for over three decades. Through her books and workshops, thousands of students have benefited with many lives transformed. The goal of the SCCP is to train others as spiritual catalysts, empowered to carry this work into the world. We invite you to become a **Sacred Centers Teacher, Therapist, Bodyworker, or Coach**, enriching your professional skills in the service of healing and awakening.



Pathways for Personal & Global
TRANSFORMATION